

Need help arranging a ride?

Transportation services for seniors, people with disabilities, and others are available in communities across Massachusetts. The tips below can help you find the transportation you need.

Local resources

- **Call your local transit authority**
 - *How?* Find your transit authority here: tinyurl.com/HST-RTAs
 - *Why?* Transit authorities can help you figure out which bus to take. They also provide transportation for people with disabilities. Some sponsor shuttles to hospitals or have a Mobility Manager on staff to help riders arrange their travel.
- **Call your City Hall or Town Hall**
 - *How?* Start with your town's Council on Aging. You can also try constituent services, transportation departments, senior services, veterans services, or disability services.
 - *Why?* Cities and towns often collect information about local transportation options. Many Councils on Aging do not transport only seniors, but also take people with disabilities and sometimes the general public.
- **Ask other service providers**
 - *How?* If you receive state or federal benefits or participate in social service programs, ask if program staff have information about transportation options, or if the program has any funding to help you cover costs.
 - *Why?* Public programs such as Head Start or TAFDC and community-based organizations sometimes offer their own transportation benefits or resources.

Regional resources

These resources can help you find transportation services in your region:

- **North Shore**
 - Travel counseling: call 1-888-499-5324 to discuss your transportation needs
- **Southeastern MA**
 - Ride Match: find a transportation provider online at www.massridematch.org/
 - Listing of services: www.srpedd.org/transportation/Directory%202008.pdf
- **Cape and Islands**
 - Cape Cod Disability Access Directory: www.capecoddisability.org/
 - Power in Aging transportation inventory: tinyurl.com/PowerInAging-transp
- **Greater Boston**
 - Services for seniors: tinyurl.com/CTPS-seniors
 - Other services: tinyurl.com/bostonmpo-transp
- **Western Mass**
 - Services in Berkshire County: www.berkshirerides.org/transportationguide.pdf
 - Public transit information for Western Mass: www.masstraveler.com/transit/

Statewide resources

- **Regional Planning Agencies** serve each region. Staff members are knowledgeable about community transportation services. Find your local planning agency here: tinyurl.com/HST-RPAs.
- **MassRIDES** is a statewide service that will help you arrange your commute to work. Visit www.commute.com or call them at 888-4COMMUTE.
- **Mass211** has information about transportation and other services. Call 2-1-1 or visit mass211.org.
- **Regional Elder Services:** call 1-800-AGE-INFO for senior services in your area.

For more tips, visit tinyurl.com/HST-for-consumers.

